

ABSTRACT

The present invention provides a nutritional composition effective in facilitating bone healing in human, comprising lysine, proline, ascorbic acid, copper, vitamin B₆. The nutritional composition contains 27-34 % wt lysine, 14-16 % wt proline, and 42-47 % wt ascorbic acid. The nutritional composition further comprises vitamin A, vitamin D₃, vitamin E, vitamin B₁, vitamin B₂, niacin, folic acid, vitamin B₁₂, biotin, pantothenic acid, calcium, phosphorus, magnesium, zinc, selenium, manganese, chromium, molybdenum, potassium, citrus fruit peel bioflavanoids, arginine, cysteine, inositol, carnitine, coenzyme Q₁₀, and pycnogenol. The present invention also provides a method of administering the nutritional composition in human effective in facilitating bone healing.